

THE EFFECT OF LEBOYER METHOD TOWARD ANXIETY DECREASE ON MATERNITY MOTHERS

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ABSTRACT

Introduction: According Leboyer that the labour environment is a method in a normal delivery. Sound noise around mothers who will give birth and the sound of people who were around mothers who will labour, until now there has been the centre of attention or noticed by birth attendants but this labour environment is very important. This method of conditioning the mother gives birth in a quiet room with soft music and soft voices have to minimize the stress and anxiety that will birth mother. This study aims to determine the effect of labour Leboyer method to decrease maternal anxiety. **Methods:** This study uses a design quasi-experimental with research design, two groups. intervention control The number of samples in this study was 15 people in the intervention group and 15 in the control group. Sampling was done by using purposive sampling. This study conducted in Bumi Sehat clinics and Gianyar Public health centres Ubud I Bali Province. **Results:** Data analyzed using-test independent with statistical test result it can be concluded that there is influence labour of Leboyer method to decrease maternal anxiety in the intervention group and control group ($P = 0.00$). **Discussion:** From the results of this research that labour Leboyer is an effective method to reduce maternal anxiety so that midwives can apply the Leboyer method in providing care to maternity.

Keywords: Leboyer method, anxiety

INTRODUCTION

Labour is a process of spending or products of conception can live in the uterus through the vagina to the outside world. Studies of various types of birth control have revealed that spontaneous birth is not without danger, one of the accesses to address these problems is through the improvement of service delivery program in a safe and appropriate for mothers. Many factors could affect one of which is infrastructure / facilities where labour and delivery environment. Labour environment is something that is very rarely noticed, labour environment in question is the sound of the noise, quiet and lighting. (Simkin, 2010).

Voice of noise around a mother who will labour, the voice of the people who are around the mother who will labour including voice birth attendants are sometimes hard while leading birth mother and the voice sounds medical devices that tinkled around the place of the mother at birth, until today not the centre of attention or noticed by birth attendants but labour environment is very important. According to Leboyer (2012), that the labour environment is a method in a normal delivery. The method aims to condition the birthing process that allows mothers to give birth in a quiet room, the strains

of soft music and soft voices have to minimize trauma and stress for both mothers and mothers will reduce anxiety birth. Stress is known to contribute to the development of many diseases, people need an antidote to combat stress. In fact, relaxation may be one of the most important factors in maintaining a healthy body and mind. Relaxation techniques are very important in managing stress. Relaxation is very important for health professionals and therapists should be advised uses relaxation techniques to manage stress, stress not only in everyday life but also the stress caused by the medical condition of each patient. Relaxation therapy is the process of releasing the tension and restore balance to both body and mind. The quiet surroundings can also be soothing heart beat hard, also of the mind. If the pressure is already mounting, try to set aside time to listen to music with a tempo that is mild, or listen to songs that could make relax. Research shows that music can provide a 'calming effect' equivalent to 10mg of Valium. That's why music is often used in relaxation therapy. Berlioz and Gentry based on research that aims to determine the performance of music on the pulse and blood circulation. By using prospectively study design, with a sample of 10 mothers maternity. The result is that five of the 10 mothers who were given music therapy it

could double cardiac output (Visnu, 2008). While the research conducted by Thomatis and Campbell (1971), with the aim of research to determine the effectiveness Mozart effect to increase the stimulation (stimulation) quieter facing labour. His research involved 11 women giving birth, the result is that mothers who had listened to classical music for 10 minutes, to experience stimulation (stimulation) quieter face childbirth (Cendika, 2010. The case 228). From the preliminary survey conducted by researchers in March 2015 in Tanjung Karang Public Health Center Mataram with interview method in 10 women who had a birth experience, 10 mothers said they had suffered anxiety for the success of the delivery process and they never get the music therapy. Researchers also interviewed 2 speciality physicians in Obgyn in Mataram about music therapy for women giving birth, the doctor said, in his room, they provide a musical instrument, but the instrument used only for medical personnel. Researchers are interested in doing research on the influence of Leboyer method to decrease maternal anxiety, particularly on classical music therapy in Bumi Sehat clinics and Gianyar Public Health Centers Ubud I Bali Province.

MATERIALS AND METHODS

The research design used in this research is *quasi-experiments* that are *two groups* namely the intervention and control groups to identify the effect of the Leboyer method to decrease anxiety in mothers after maternity given music therapy. The population in this research are mothers in Bumi Sehat clinics and Gianyar Public health centres Ubud I Bali Province. Data from Bumi Sehat clinics and Gianyar Public health centres Ubud I Bali Province each month ± 15 -20 who perform labour, so the population is obtained 80 votes as maternal. The sample was obtained using absolute fixity and using a formula derived sample is 67 people. So the sample for the intervention group was 67 women giving birth with music therapy and control groups were 67 conventional birth mothers. However, there are limitations of the sample because the time of the study respondents has not included criteria. That meet the criteria for both the intervention and control groups were 30

maternal, consisting of 15 samples of the intervention group and 15 samples for the control group. Respondents to the intervention group were given music for ± 15 minutes and then observed with anxiety by using a questionnaire, and respondents were observed for the control group ± 15 minutes and then observed using a questionnaire. The sampling technique used approach, *purposive sampling* the independent variable in this study is the effect Leboyer method and the dependent variable was maternal anxiety. This study consisted of two groups: intervention and control groups, each group identified by anxiety after therapy is given to classical music. The expected result is the reduction of anxiety in mothers who were given the therapeutic intervention of classical music while undergoing childbirth. The study was conducted in Bumi Sehat clinics and Gianyar Public health centres Ubud I Bali Province. The research was conducted at the date of 10 July to 1 August 2015 during which time the researchers expected to meet the desired sample. Data collection tool was a questionnaire made by the researcher based on the existing literature. The questionnaire distributed consists of two parts: the first part is demography: namely age, education, occupation, income, and parity. While the second part is a questionnaire to identify maternal anxiety after therapy is given to music in the intervention and control. Anxiety questionnaire using 20 statements include positive and negative statements with Guttman scale. Positive statements consists of 17 statements and three statements negative, if positive statement is answered "no" gets the value 0, and if the answer "yes" gets the value 1 and the negative statement is answered "no" gets a value of 1, and if the answer "yes" gets the value 0. the coefficient ranges between 0.00 to 1.00, with higher values indicate the criteria to validation. Validity test is done by *content validity* to the results of the Content Validity Index 0.75. Reliability test using formula Cronbach alpha with 0.75 results obtained from the 20 statement. Only 17 valid statement and reliable, and 3 reliable statement is invalid and have been repaired.

RESULTS

The research results on the effect of labour Leboyer method to decrease anxiety in the mother in Bumi Sehat clinic and Gianyar Public Health Centers Ubud I Bali Province:

1. Univariate analysis

This analysis used to describe the characteristics of each of the variables studied. Data that is categorical searched frequencies and proportions are age, parity, education, occupation, income and parity. Numerical data sought mean and standard deviation that maternal anxiety. The results will be presented in tabular form. The results obtained the majority of respondents in the intervention group aged 20-25 years as many as eight people (53.3%) and the majority of respondents in the control group aged 26-30 years as many as 6 people (40.0%). Based on the study the majority of respondents in the intervention group secondary education (high school) as many as 15 people (100%) and the majority of respondents in the control group a high school education (SMA) as many as 10 people (66.7%). Based on the work of the majority of respondents in the intervention group was (IRT) housewife as many as 13 people (86.7%) and the majority of respondents in the control group were housewives as many as 7 people (46.7%). Based on earnings majority of respondents in the intervention group income <1,000,000 as many as 10 people (66.7%) and the majority of respondents in the control group income 1000000-2000000 of 8 people (53.3%). Based on the parity majority of respondents in the intervention group was the son of - 1,2, and 3 by 5 people (33.3%) and the majority of respondents in the control group was the son - 2 of 8 persons (53.3%). Can be seen in the table below.

Table 1. Characteristics of Respondents

Characteristics of respondents	Intervention group		Control group	
	f	%	F	%
Age				
20-25 years old	8	53,3	5	33,3
26-30 years old	2	13,3	6	40,0
31-35 years old	5	13,3	2	13,3
36-40 years old	-	-	2	13,3
Total	15	100	15	100

Education Level				
Elementary /First school	-	-	-	-
Secondary School	15	100	10	66,7
High School	-	-	5	33,3
No school	-	-	-	-
Total	15	100	15	100
Occupation				
Housewife	13	86,7	7	46,7
Official Worker	2	13,3	4	26,7
Private Worker	-	-	4	26,7
Total	15	100	15	100
Income				
No Income	2	13,3	-	-
<1.000.000	10	66,7	7	46,7
1.000.000-2.000.000	3	20,0	8	53,3
>2.000.000	-	-	-	-
Total	15	100	15	100
Parity				
First Child	5	33,3	3	20,0
Second Child	5	33,3	8	53,3
Third Child >	5	33,3	4	26,7
Total	15	100	15	100

The results obtained the average maternal anxiety in the intervention group with 12.87 standard deviations of 2.386, while the minimum value is 11 and the maximum is 18 and 95% confidence interval from 11.55 to 14.19. And research results in the control group the average - average maternal anxiety 17.53 with a standard deviation of 1.246, while the minimum value of 14 and a maximum of 19 and 95% confidence interval from 16.84 to 18.22. Can be seen in the table below.

Table 2: Distribution of maternal anxiety

No	Variable	Mean	SD	Min - Max	95%
1	Anxiety of mothers in intervention group	12,87	2,386	11-18	11,55-14,19
2	Anxiety of mothers in control group	17,53	1,246	14 - 19	16,84 - 18,22

2. Bivariate Analysis

The bivariate analysis used to compare maternal anxiety in the intervention and control groups. In analyzes bivariate data, testing data used *t*-. *independent*. Statistical test results in average maternal anxiety in the intervention group 12.87 with a standard deviation of 0.616 and the average maternal anxiety in the control group 17.53 with a standard deviation of 17.53. Statistical test results obtained P value is 0.000, it can be concluded that there is the influence of classical music therapy significantly reduced maternal anxiety in the intervention group. It can be seen in the table below.

Comparison of Anxiety On Intervention Group and Control Group On Mother in Bumi Sehat clinic and Gianyar Public Health Centers Ubud I Bali Province

Variable	Mean	Standard Deviation	Standard Error	P.value	N
Anxiety mothers in intervention group	12,87	2,386	0.616	0.000	15
Anxiety mothers in control group	17,53	1,246	0,322		15

DISCUSSION

Based on the results obtained that maternal anxiety in the intervention group (12.87) and in the control group (17.53). And *t*-*independent* test results obtained p-value = 0.000 (<0.05). It can be concluded that there is the effectiveness of classical music therapy to reduce anxiety in women giving birth after the intervention. These findings are consistent with research conducted by Campbell and Don., PhD (2001), with the aim of research to determine the effectiveness of Mozart effect to mothers who can increase stimulation (stimulation) is calmer in the face of labour. (Campbell, 2001) and this research is consistent with the results of research conducted by (Cecilia, 2008) when a person listening to music, then the brain will process what is heard. Heart rate tends to follow or to

synchronize with the speed of the music. So by listening to the music tempo high heart rate will increase and hear music at a slower tempo will slow the heart rate and body will be relaxed. Based on the results of research conducted Fauzi (2009), demonstrated that training with music gives more than just a causal link to the development of certain parts of the brain in the long term. But by listening to music will help the positive development of the human brain. This research was also supported by the theory that classical music can activate the right hemisphere is associated with creativity, the right brain appears to receive stimulation (stimulation) are nearby, while the left brain is closely related to the formation of the intelligence of children in formal education. Anxiety experienced by maternity largely reduced after therapy is given to classical music with the discovery of an average of 12.87 on the results of the questionnaire respondents. This is supported by the reported *Journal of the American Medical Association* in 1996, about the results of the study of music therapy in *Texas* who found 10 mothers who were given a musical stimulation can increase the release of endorphins during the birth process, so 10 birth mothers give birth to a sense of calm and relaxed. From the results of this study have demonstrated that the delivery method Leboyer effect to the decrease in maternal anxiety. Thus, classical music can be used as an intervention in midwifery care at birth mothers.

CONCLUSION

Labour Leboyer is an effective method to reduce maternal anxiety so that midwives can apply the Leboyer method in providing care to maternity. The results of this research can be used as information for the development of science especially obstetrics at maternity, particularly on labour. The results of this research expected to be useful in providing information to further research, by conducting similar research that mothers who see the anxiety indication of elective and emergency given treatment for classical music or using other Leboyer.

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